

## **ABSTRACT**

A mouthguard for use by athletes in competition and the like, including a first portion formed from a ethylene vinyl acetate  
5 copolymer material and having a teeth engaging shape and having a freezing point of less than 130°F. The first portion is formed into a tray having a generally U-shape with a tab extending out from the tray. The tray has a plurality of holes therein. A second portion formed from a block styrene copolymer is mounted on the first portion such that  
10 part of the second portion extends through the plurality of holes in the first portion to lock the two portions together. The second portion is formed from a gel material having sufficient softness to protect the user from damage during use in the athletic competition.